

Family / Child Fun

Kids Yoga – to have some calming / slowing down moments

<https://www.youtube.com/user/CosmicKidsYoga>

Laughter Yoga

Family Support Institute is hosting on Wednesdays at 1pm with Shelley Nessman with Laughter Yoga! Starting April 1st, every Wednesday at 1pm Shelley Nessman will be hosting Laughter Yoga on ZOOM! The session will begin with discussion to chat about what you can expect, what is laughter yoga and to address any questions you may have! Join the online virtual yoga with great people here:

<https://zoom.us/j/5628092855>

Seesame Street on Covid 19 – Anxiety and Social Distancing

<https://www.sesamestreet.org/caring>

Getting Kids Moving – Singing and Dancing

<https://family.gonoodle.com/>

Some On-line Books

http://thehelixbooks.com/product/helix-is-home-too-free-download/?fbclid=IwAR23FmOTZYtpu56PYNFJOuhoy6VsHM-9ywc_3DYxMIZqIAMDhGk9-0FknLU

Free Amazon for Kids and Families – Activities, Books, Storytime, Shows etc.

<https://getmefreesamples.com/magazine/free-activities-to-keep-kids-busy-entertained-during-covid-19-lockdown/>

Visual Timer – for IPAD or Iphones

<https://apps.apple.com/ca/app/visual-countdown-timer/id541364004>

Community Playgroup Circle time

Join our playgroup facilitator – Anastasia for some circle time fun, story time, crafts, activities - Tuesday and Thursdays on our youtube page:

<https://www.youtube.com/channel/UCBcOQKLujNY8VKZcXTZ-2zw>